



CLUB

JUGGLING

STEP BY STEP



CLUB JUGGLING STEP BY STEP

Dave Finnigan

Illustrated by Bruce Edwards

Almost anyone can juggle. It is not an activity reserved for circus people, but is a physically and mentally relaxing form of recreation. Once you have learned how to juggle, like swimming is impossible to forget. It is a skill that you can keep for life. Unlike most sports, juggling is completely portable and you can do it almost anywhere either alone, with a partner, or in a group.

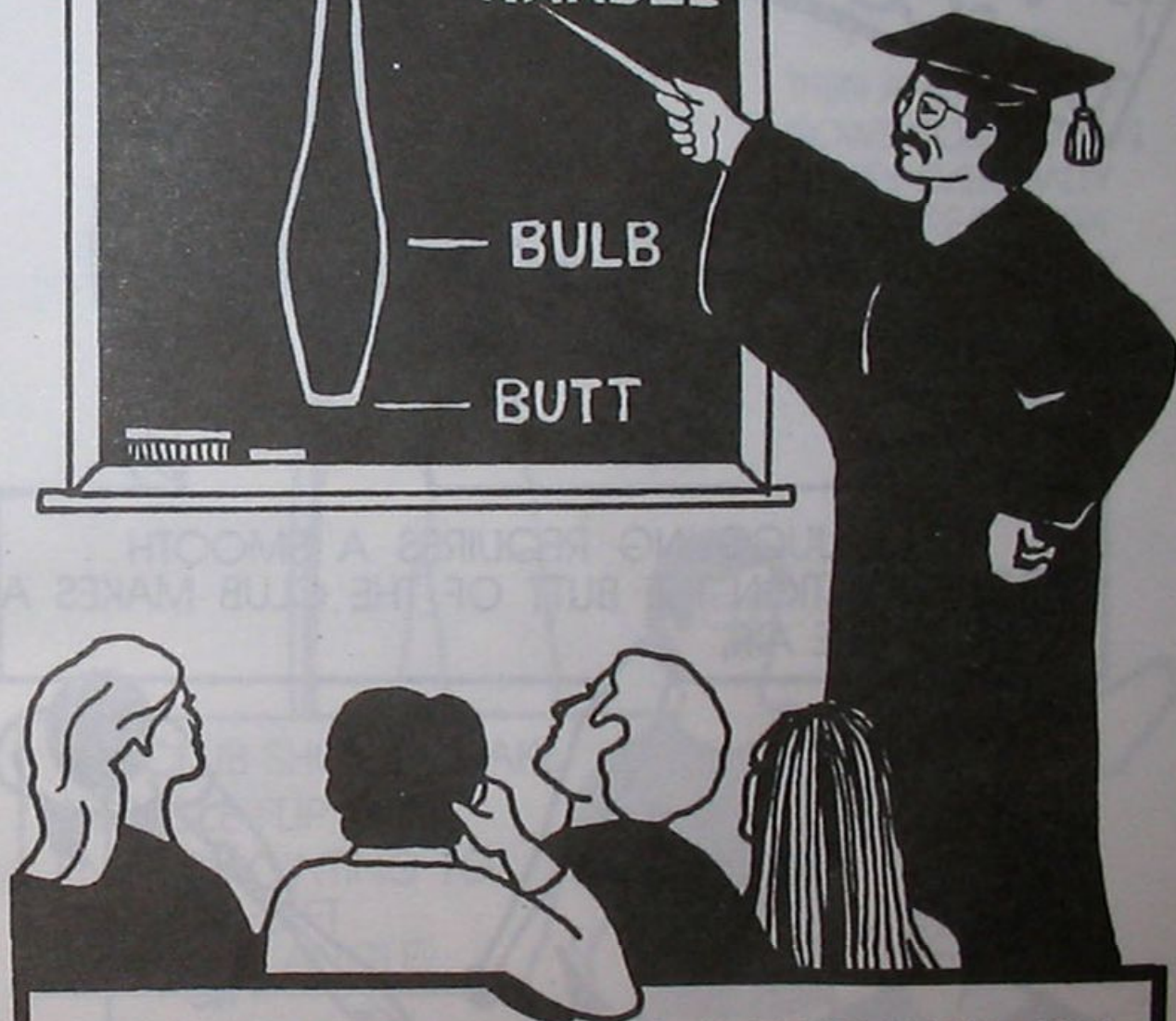
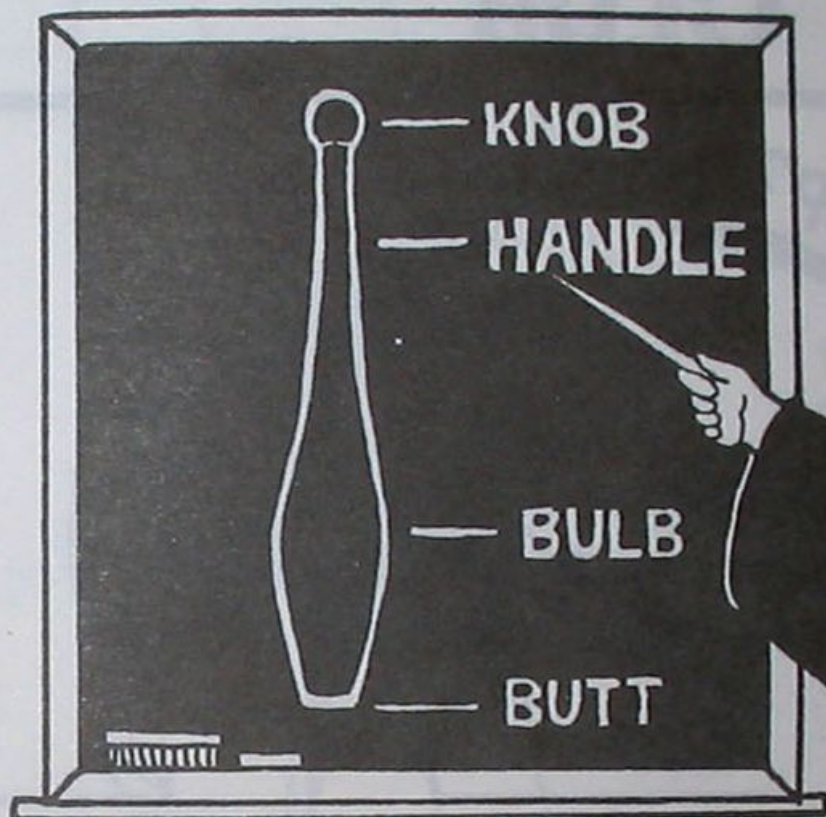
CLUB JUGGLING STEP BY STEP

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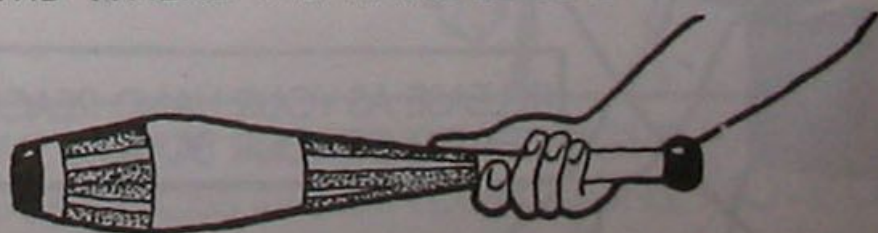
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GETTING STARTED



HOLD THE CLUB LEVEL IN YOUR RIGHT HAND AT A 45° ANGLE AWAY FROM YOUR BODY. PLACE YOUR THUMB WHERE THE HANDLE BEGINS TO WIDEN.



THROWING ONE CLUB

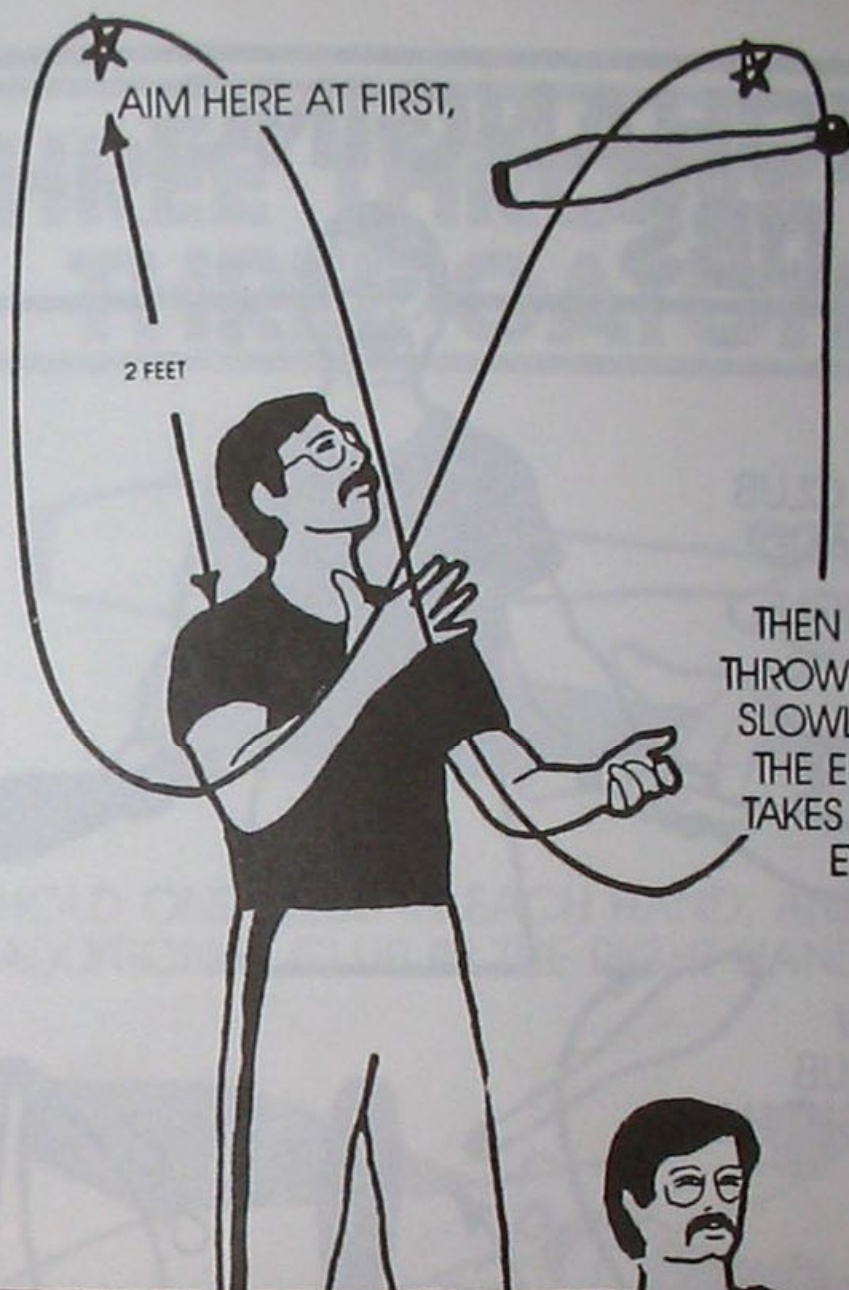
;- WHAT'S THE SCOOP?



CLUB JUGGLING REQUIRES A SMOOTH "SCOOP" ACTION. THE BUTT OF THE CLUB MAKES A "U" IN THE AIR.

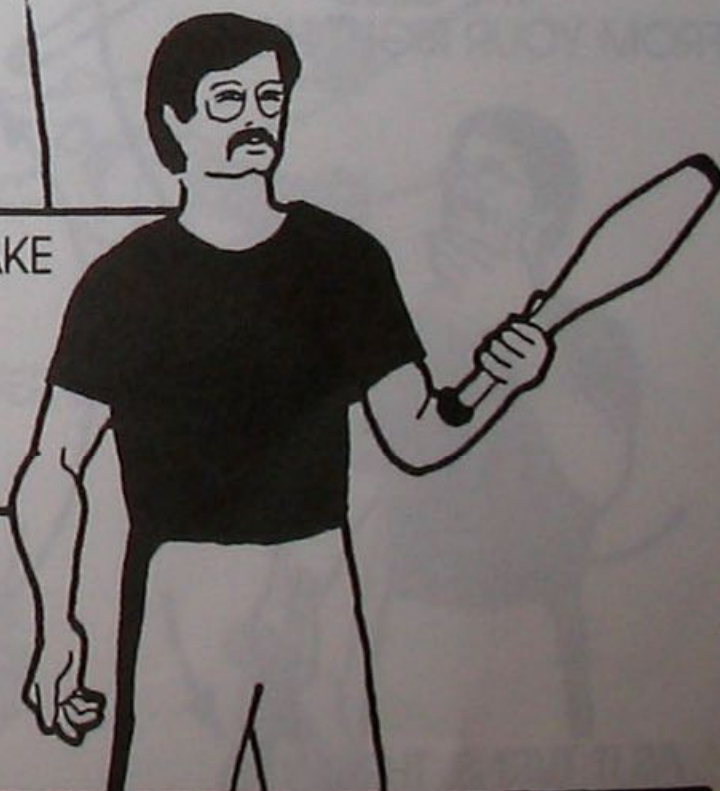


RELEASE AS YOUR HAND REACHES THE CENTER OF YOUR BODY.



THEN AFTER A FEW
THROWS COME DOWN
SLOWLY. EVENTUALLY
THE ENTIRE PATTERN
TAKES PLACE BELOW
EYE LEVEL.

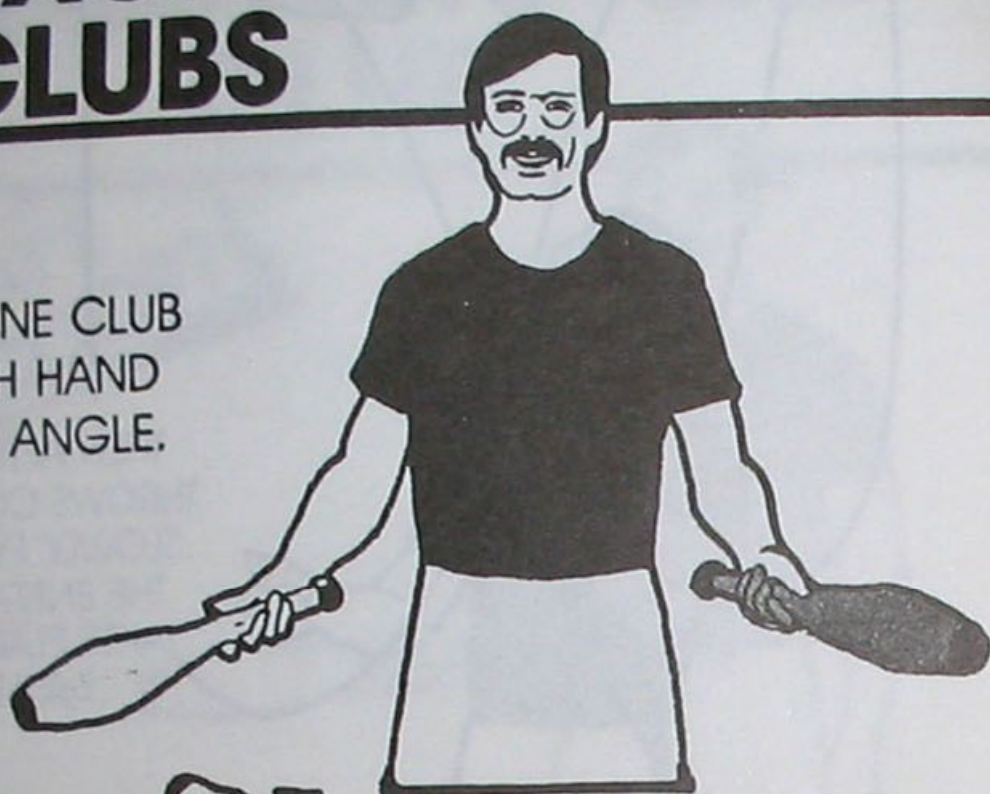
THE CLUB SHOULD MAKE
A SINGLE FLIP AND
END UP POINTING TO
THE LEFT
AT A 45° ANGLE.



NOW, REPEAT FROM LEFT TO RIGHT. WHEN YOU HAVE
A GOOD TOSS IN BOTH DIRECTIONS, MOVE ON TO THE
NEXT STEP

EXCHANGING 2 CLUBS

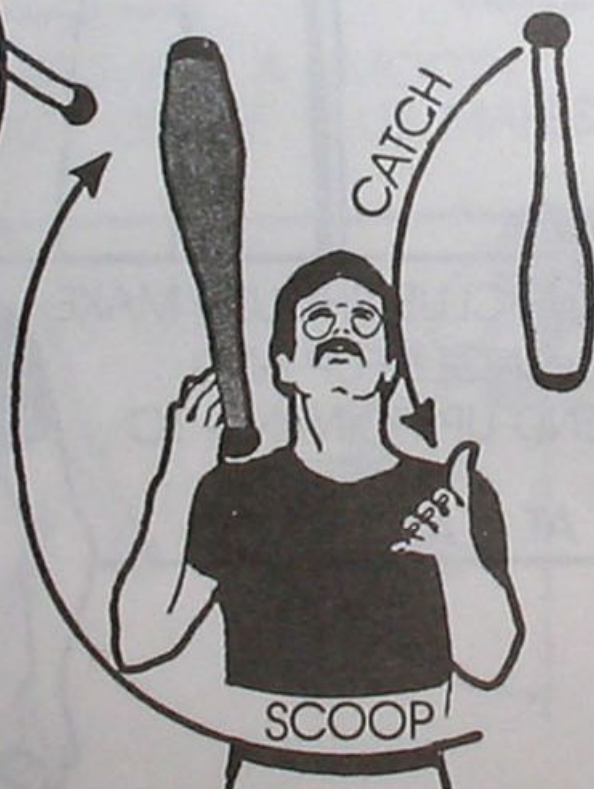
HOLD ONE CLUB
IN EACH HAND
AT A 45° ANGLE.



THROW
THE CLUB
FROM YOUR RIGHT HAND,

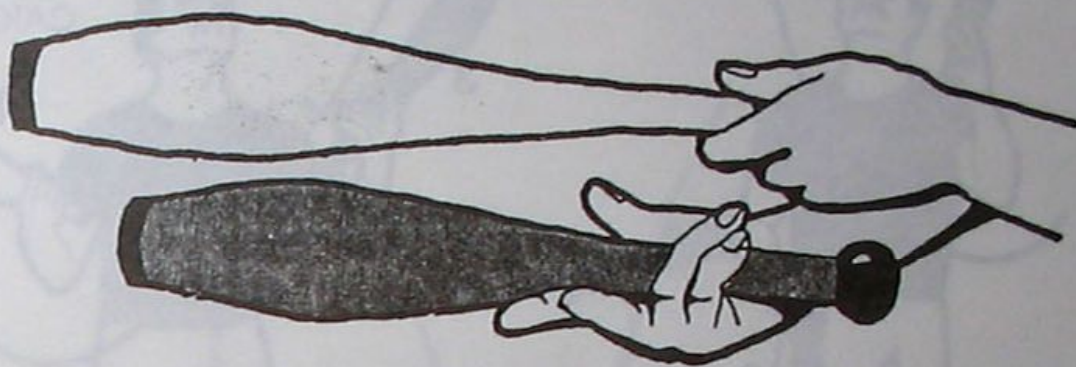


AS IT TURNS, THROW
THE SECOND CLUB
WITH AN UNDERHAND
SCOOP.

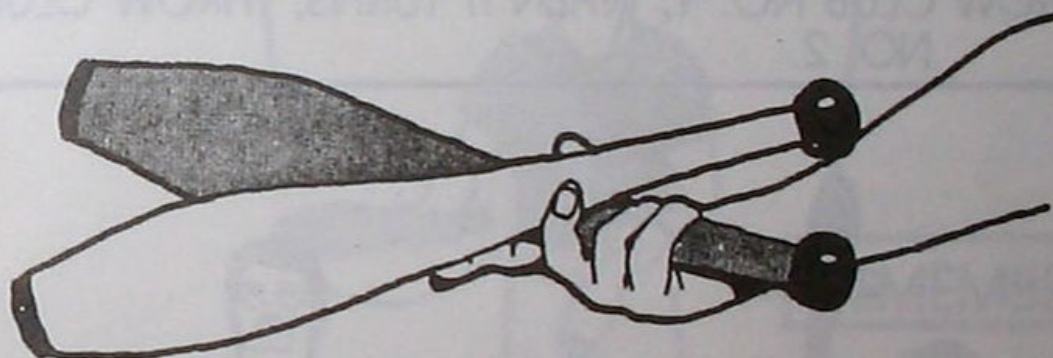


CATCH THE FIRST CLUB
WITH YOUR LEFT HAND, THEN
THE SECOND WITH YOUR
RIGHT. PAUSE BETWEEN THROWS.

THREE THROWS AND THREE CATCHES

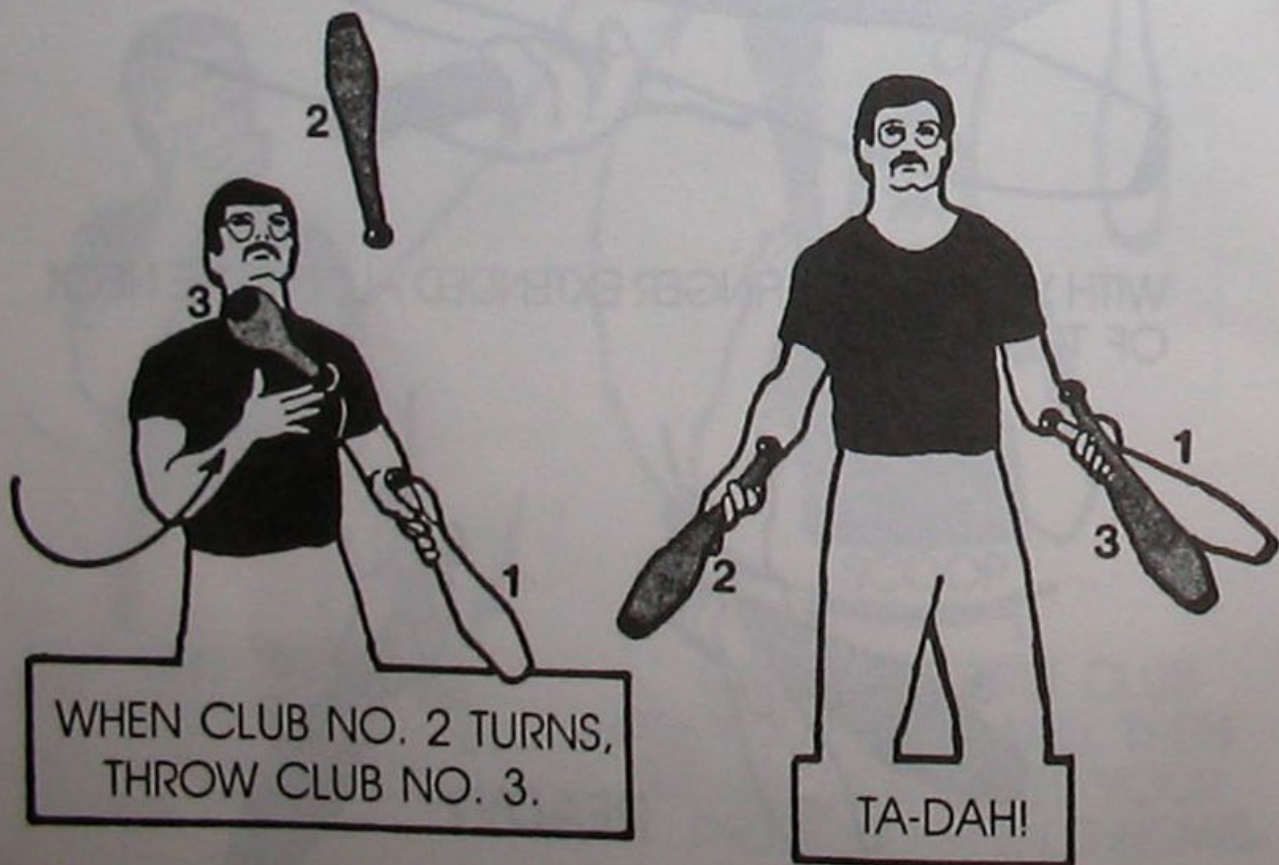


HOLD ONE CLUB IN EACH HAND, AND PLACE AN
ADDITIONAL CLUB IN THE RIGHT HAND...

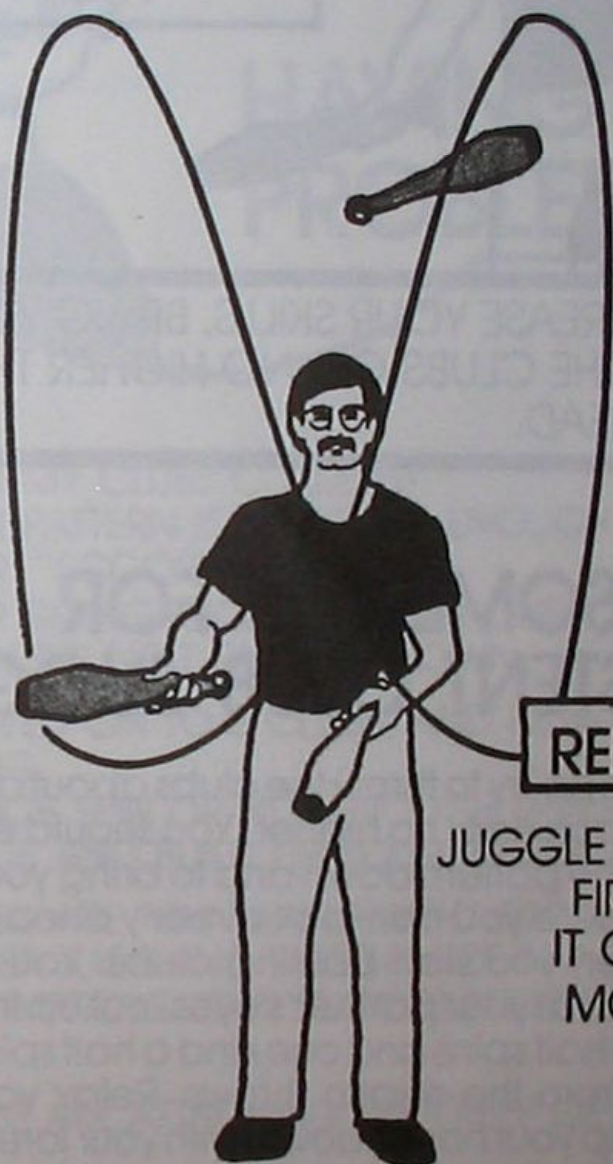


WITH YOUR INDEX FINGER EXTENDED ALONG THE NECK
OF THE CLUB.





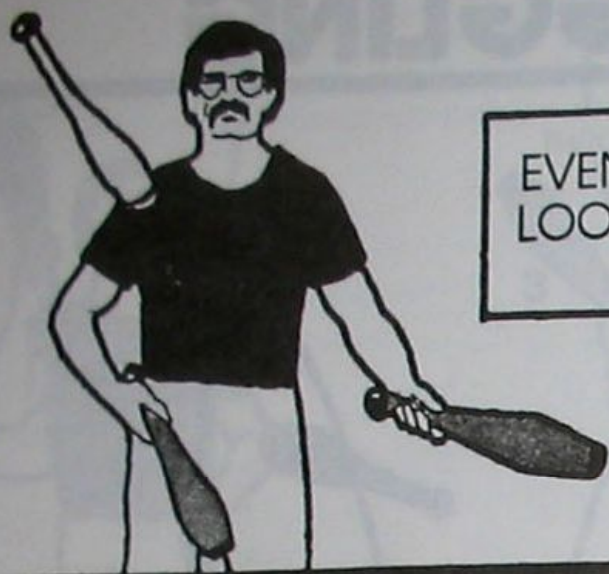
CONTINUOUS JUGGLING



REMEMBER!

JUGGLE HIGH WHEN YOU
FIRST LEARN,
IT GIVES YOU
MORE TIME.

NOW EVERY TIME ONE CLUB SPINS, THROW
ANOTHER. KEEP ALTERNATING: RIGHT-LEFT, RIGHT-LEFT.



AS YOU INCREASE YOUR SKILLS, BRING YOUR PATTERN DOWN SO THE CLUBS GO NO HIGHER THAN THE TOP OF YOUR HEAD.

HERE'S SOME TIPS FOR CONSISTENT CLUB JUGGLING

Get good scoops. Try to throw the clubs about a foot over the shoulder on each side, no higher. You should eventually be able to bring the pattern down and to bring your eyes down to the point where you can look directly ahead. This will be important when you start passing clubs. You want to look straight ahead, at your partner's eyes, not up in the air. Now learn to catch half spins and one and a half spins, regaining your pattern from the erratic throws. Relax your arms and shoulders. Keep your hands down, with your forearms parallel to the floor. As time goes by, use less shoulder and upper arm to throw the clubs, and use more wrist and forearm. Experiment with the use of your thumb to push down on the handle, giving the club faster spin and reducing your effort even further.



HAVING SOME PROBLEMS?

Q. WHY DO MY CLUBS COLLIDE?

- A. 1. YOUR PATTERN IS NOT WIDE ENOUGH. EXTEND YOUR "SCOOP", OR . . .
2. YOUR TIMING IS OFF—BE SURE ONE CLUB HAS PEAKED WHEN THE NEXT CLUB IS THROWN.

Q. I'VE MOVED ON TO 3 CLUBS, AND NOW I CAN'T CATCH ANYTHING.

- A. TOO MUCH SPIN OR NOT ENOUGH SPIN — GO BACK TO ONE CLUB AND BUILD UP YOUR PRECISION

Q. MY CLUBS ARE "RUNNING AWAY" FROM ME.

- A. REMEMBER JUGGLING TAKES PLACE IN A PLANE IN FRONT OF YOU. IMPROVE YOUR SCOOPS AND THROWS FROM SIDE TO SIDE.

Q. MY CLUBS ARE ATTACKING ME. I KEEP GETTING HIT IN THE CHEST.

- A. STAND YOUR GROUND AND THROW SIDE TO SIDE — DON'T BACK UP.

FOR EXTRA CREDIT

UNDER THE LEG

*IN ORDER TO THROW A CLUB UNDER THE LEG, START WITH A SINGLE CLUB.

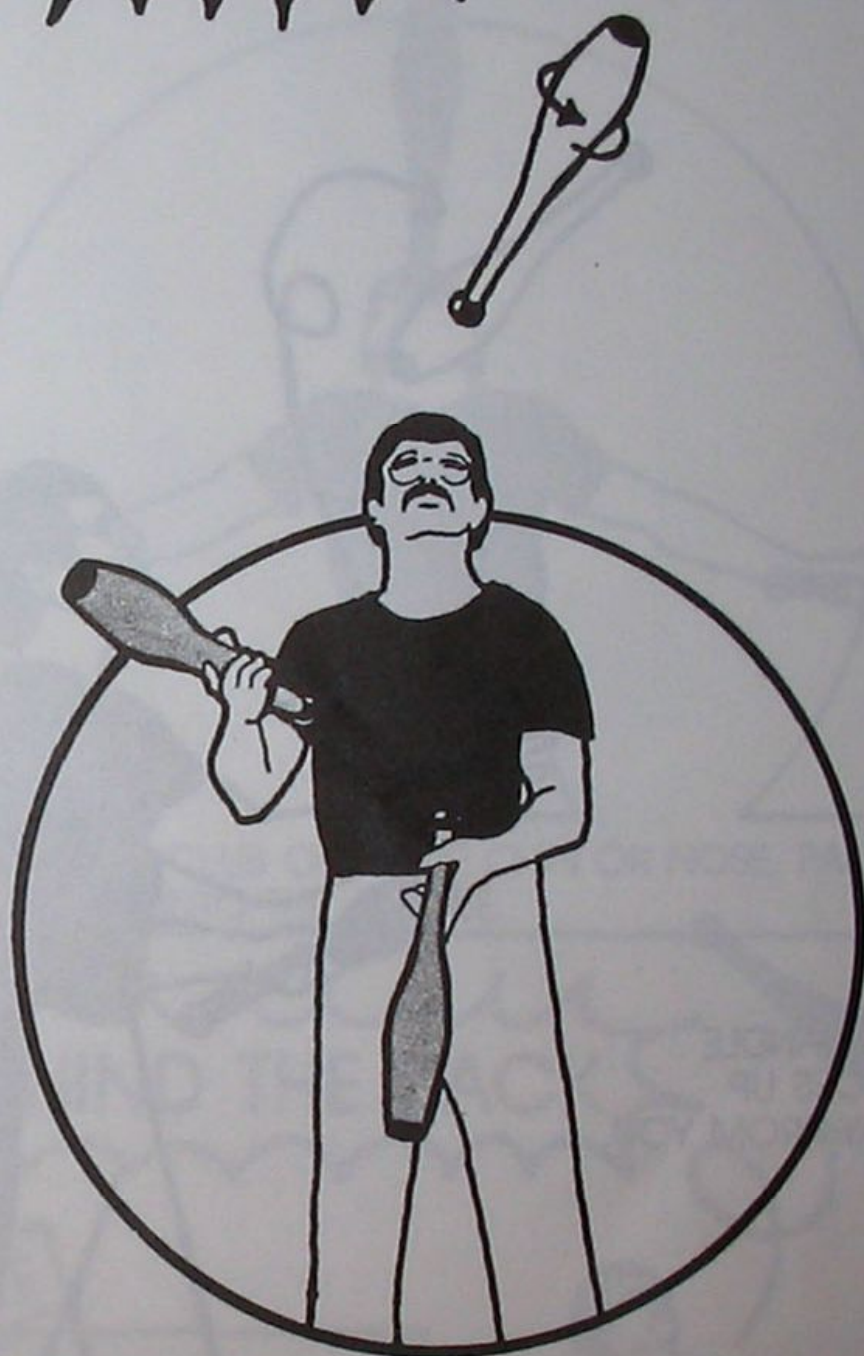
LEARN TO THROW THAT ONE CLUB UNDER THE RIGHT AND LEFT LEG FROM THE RIGHT AND LEFT HAND.



YOU CAN THROW UNDER THE SAME, OR . . .
OPPOSITE LEG.

NOW TRY THE MOVE WHILE JUGGLING. START BY THROWING EVERY THIRD CLUB UNDER. IT MAY HELP TO TOSS THE PREVIOUS ONE A BIT HIGHER THAN USUAL TO GIVE SOME EXTRA TIME. TRY EVERY SECOND CLUB, THEN CONTINUOUS THROWS WITH ONE HAND.

FLOATERS



THE CLUB DOESN'T FLIP AT ALL. HOLD THE CLUB HIGH ON THE NECK AND SPIN IT A BIT FOR STABILITY.

OVER THE HEAD



THROW WITH A HIGH WIDE ARC . . . EITHER DOUBLE OR SINGLE FLIP.

HOW TO GET **HOT**

- ★ SEVERAL HOURS PRACTICE A DAY ARE RECOMMENDED.
- ★ KEEP A RECORD OF PRACTICE SESSIONS.
- ★ STRIVE TO DO MORE EACH TIME YOU PICK UP THE EQUIPMENT.
- ★ YOUR MOTIVATION MUST COME FROM WITHIN.

KICK UPS



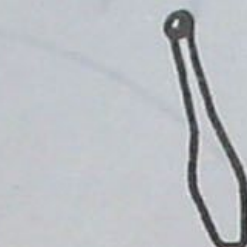
IN ORDER TO PICK UP A CLUB WITH A "KICK-UP", PRACTICE BY SETTING THE CLUB ON YOUR FOOT. THE HANDLE SHOULD POINT INWARD AND REST ON THE AREA BETWEEN YOUR FOOT AND SHIN. FLEX YOUR FOOT AS YOU KICK UP AND BACK. THE KNOB OF THE CLUB SHOULD CATCH YOUR SHIN AND THE CLUB SHOULD DO A SINGLE FLIP TO YOUR HAND.

REMEMBER

IN ORDER TO KEEP YOUR CLUBS IN GOOD SHAPE, THE BEST AREAS TO JUGGLE ARE:
A PADDED FLOOR, CARPETED AREA, GYM MATS OR A CLEAN, DRY LAWN.



Shoulders up,
throwing with entire
arm



Shoulders down
and relaxed, using
wrist to throw.

QUESTION

Which looks better? You be the judge.

COLUMNS

Variation 1



While juggling, throw a left hand club straight up with a double, it will return to the left hand.



As it descends toss the next club from the left hand across to the right with a single spin (this is called a "vamp").



Catch the left hand double, then toss a double straight up with the right hand, and catch the single with the right hand.



Vamp the right hand across to the left, and catch the right hand double.

NOTE: In this variation, one club goes from hand to hand with singles, and two clubs go straight up and down with doubles.

Variation 2



Throw a right hand club straight up with a double. As it peaks, throw both the remaining clubs straight up with doubles.

Catch the solo club, and as the two clubs peak, throw the solo club up again from the right hand. Catch the two clubs and repeat.

NOTES—

- The single club can go straight up on either side, up the middle, or over the top.
- Keep the rhythm — catch and throw one, catch and throw two, catch and throw one, etc.
- Try this same move with singles and triples.
- It looks great if you get wide separation between the path of the solo club and the duo.

PIROUETTES



TOSS THE
SOLO CLUB
UP THE MIDDLE
WITH A
DOUBLE



Throw one club up. Just before it peaks, spot the club and spin rapidly, holding the other two.

When you get around, toss one club up under the descending club, catch the solo club and renew the cascade.

FLASH



To throw a flash, toss all 3 clubs in a cascade in rapid succession. Throw right, throw left, throw right. Then as soon as you catch, throw again. Catch and throw left, catch and throw right, catch and throw left. Now you should have time to clap when all 3 clubs are in the air. Toss-toss-toss-clap-toss-toss-clap.

HEAD FLIP



Start with the club balanced on its knob on your nose.



Drop your head forward rapidly. The club will roll from knob to butt, do a complete flip, and come down in front of you.

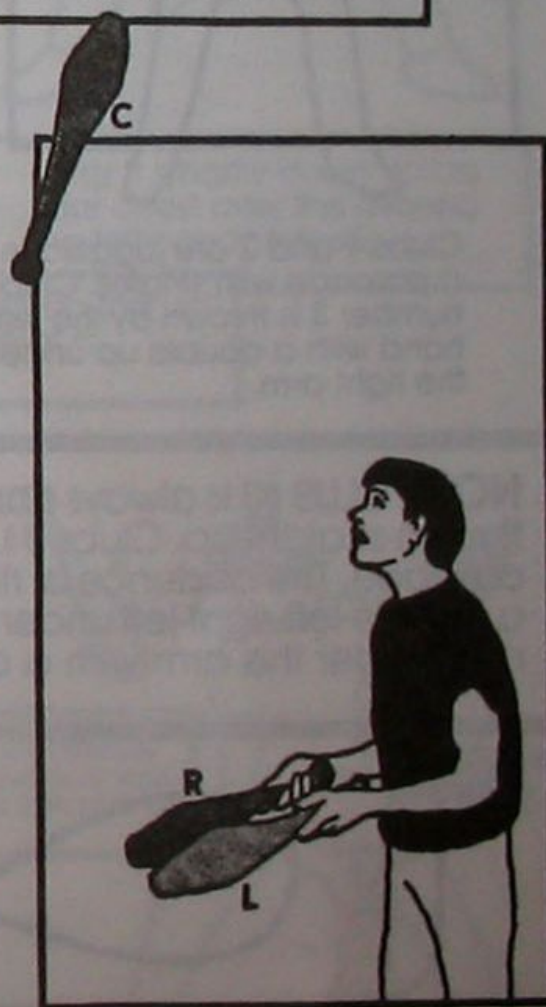
3 CLUB START



Hold 3 clubs as shown, with two on top and one below.



Throw all 3. The center club does a high triple. The outside clubs do doubles.



Catch the two clubs simultaneously. When the solo club comes down, start juggling.

UNDER ARMS

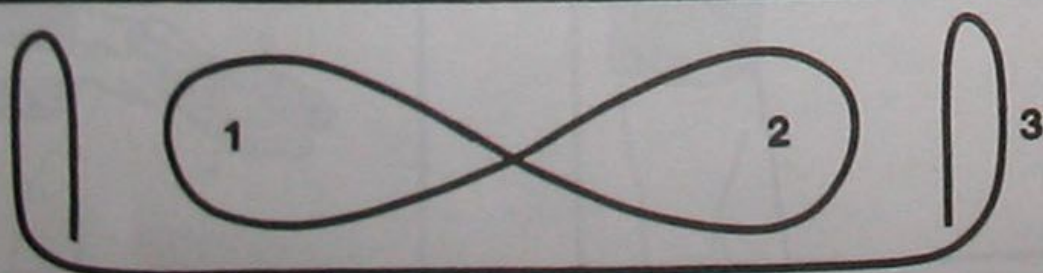


Clubs 1 and 2 are juggled in a cascade with singles. Club number 3 is thrown by the left hand with a double up under the right arm.



It is caught in the right hand, carried across, and thrown with a double up under the left arm.

NOTE: CLUB #3 is always carried under the other clubs, and thrown straight up. Clubs #1 and #2 are simply juggled in a cascade. The cadence is: right-left-right under the arm with a double-left-right-left under the arm with a double-right-left-right under the arm with a double.



For style points — lean far forward at the waist and exaggerate side-to-side movement.

CHOPS

The chop is a method for carrying a club quickly through the pattern, throwing it straight up on the opposite side. The right hand throws on the left side, the left hand throws on the right side.



As you catch club #1 with the right hand ...

Bring it smartly down across your chest over the ascending left-hand club #2 ...

And toss it straight up the left side with a single or a double.



NOTE: Widen your stance, keep your elbows in at your sides, and look from side to side.

Now carry the club you just caught in your left hand down in a chop toward the right,



and toss it straight up under the left hand with a single or a double.



To learn more about juggling, look for the other booklets in this series:

Scarf Juggling Step by Step
Ball Juggling Step by Step
Diabolo Step by Step
Devilstick Step by Step

These booklets are extracts from *The Complete Juggler*, Dave Finnigan's best-selling book, over 500 pages of detailed instruction on Scarves, Balls, Clubs, Rings, Diabolo, Devilstick, Cigar Boxes, Hat Manipulation, Plate Spinning, Ball Spinning, plus informative sections on Performing, Juggling Games, Teaching Juggling, earning money with Juggling, Juggling and Health.....
The Complete Juggler is the most comprehensive book available.

Videos are a fun way to learn juggling - look for "*Juggletime*", a 30 minute musical instructional tape on scarf juggling for children, where the lyrics do the teaching.

"*Juggling Step by Step*" is a 2 hour video that follows the same general plan as the instructional portions of *The Complete Juggler*.

All these books and videos are available from your local Juggling Shop or Bookshop. If you have difficulty in obtaining them, contact Butterfingers at the address below for details of your local supplier of books and juggling equipment.

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